



AMAZING EXPERIENCES!

Please visit our website at

www.fairfaxva.gov.



Four ways to register for classes

1. **ONLINE:** www.fairfaxva.gov/ParksRec,
24 hours a day.

2. **WALK-IN:** Come to the City Hall Office,
Stacy C. Sherwood Community Center or
Green Acres Center:
8:30am–5 pm, Monday – Friday.

3. **MAIL-IN:** Signed and completed
registration forms must be mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St. Fairfax, VA 22030.

4. **FAX-IN:** Signed and completed
registration forms must be faxed to
703-246-6321

Payment Method Accepted

American Express, Discover, MasterCard or
Visa

Make checks payable to: *City of Fairfax*.

Payment must be made at the time of
registration. Assumption of Risk
Waiver, found on registration form, must be
signed by all participants at time of
registration. Parent/legal guardian signature
is required for participants under the age of
18 years.

Young at Heart Senior Center Newsletter

General Information

Welcome

The City of Fairfax Senior Center invites you to join the
Young at Heart for “Amazing Experiences!”

The City of Fairfax’s Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. There is no fee for membership; however a blue registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building.

We encourage you to stay active during the cold winter months by participating in the senior center activities and classes.
Here is to a happy and healthy New Year!

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090
TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff

Anne Chase

Recreation Manager and Senior Center Manager

anne.chase@fairfaxva.gov

(703) 359-2487

Daniel Young

Assistant Senior Center Manager

daniel.young@fairfaxva.gov

(703) 385-3943

Jann Hardy

Recreation Assistant

jann.hardy@fairfaxva.gov

(703) 273-6090

Sonia O'Donnell

sonia.odonnell@fairfaxva.gov

Trip Assistant and Front Desk Sub

Senior Center General Information

Senior Center Activities at Green Acres Center

These are ongoing activities that take place at the Senior Center. Mark your calendars so you don't miss out on the fun! More information on activities and programs taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec.

Men's Morning Coffee Group

Every morning 8am-10am Coffee, breakfast treats and a lively conversation

Bocce

May - September, Thursdays 9am-11am
Tournament style play

Current Events Group

Every Tuesday 1pm-3pm
Come discuss the latest topics going on in our world.

Mah Jongg

Every Monday 10am-2pm
Similar to the western card game rummy, mah jongg is a game of skill, strategy and calculation involving a certain degree of chance.

Fairfax Antique Arts Association

Third Thursday of each month at 10:15am. The Association invites guest speakers to discuss and show their collections.

BUNCO

Every other Friday of the month (visit our website for dates).

Pinochle/Mexican Train/Canasta

Played daily throughout the week starting at 10 am (except Thursdays).

NOVA Neighbors Bridge

At Noon on the first and third Mondays of each month to play intermediate to advanced contract bridge. Chicago scoring is used, but party bridge rotations are followed.

Chess Club

Every Monday 10 am.

Military History with Keith Young

Every Tuesday 10am-Noon
Covers military history beginning with the Revolutionary war to the present.

Pickleball

Every Tuesday, Wednesday and Thursday 1pm -3pm. A racquet sport which combines elements of badminton and table tennis. Great exercise and fun!

"Fabric Fanatics" Sewing Group

Last Thursday each month 10 am-3 pm.
A wonderful way to work on your own project or offer your help for a charitable cause.

Millennium Art Guild

Every Thursday 1 pm to 4 pm.
Artists bring in their own art projects and supplies. All forms of art are welcome.

BINGO

Every other Friday of the month
Please check calendar for dates




Day at the Races




Every other Monday of the month.
Please check calendar for dates.



German Conversation

Meet Thursdays from 10:30 am- Noon for interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....

Mon	Tue	Wed	Thu	Fri	Sat
 <p>National Eye Health Care Month</p>	<p>****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090</p>	<p>1</p> <p>CLOSED FOR NEW YEAR'S DAY</p> 	<p>2</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p> 	<p>3</p> <p>8am: Men's Coffee Group 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 11am: Computers 101 12:30pm: January Birthdays! 2pm: Trip Committee Meeting</p>	<p>4</p>
<p>6</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dancing 10am: Mah Jongg/ Chess 11am: Feldenkrais Class 11:30am: Author Sharon Clark Chang Noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p>	<p>7</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball Lessons</p>	<p>8</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: 10am National Museum of Crime and Punishment 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class</p>	<p>9</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>10</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am: Computers 101 Noon: Brown Bag Day /Games</p>	<p>11</p> 
<p>13</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class</p>	<p>14</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Health Questionnaire (3:05pm: NO Pickleball lesson)</p> 	<p>15</p> <p>National Hat Day 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: 10am Gypsy /Riverside 10am: S.M.I.L.E. movement 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10pm: Clock Repair Class</p>	<p>16</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>17</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10am: Transportation Program by Shepherd's Center 10:30am: BINGO 11am: Computers 101 12:30pm Table Games</p>	<p>18</p>
<p>20</p> <p>CLOSED for MARTIN LUTHER KING, JR. DAY</p> 	<p>21</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons</p> 	<p>22</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP 11:15am Chocolate Tour of DC 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class</p>	<p>23</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>24</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: Cut Coupons for Military Noon: Brown Bag Day /Games</p>	<p>25</p> 
<p>27</p> <p>8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10:30am: DAY AT THE RACES 10am: Mah Jongg/ Chess 10am: AARP tax help- Speaker 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p>	<p>28</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3:05pm: Pickleball lessons</p>	<p>29</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: 11am National Portrait Gallery 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class</p>	<p>30</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>31</p> <p>Chinese New Year 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am: Senior Talent Show & Soup Luncheon - NEW 12:30pm Table Games</p>	<p>Check out our website www.fairfaxva.gov Calendar subject to change--updates will be posted on website and at senior center.</p>

Mon	Tue	Wed	Thu	Fri	Sat
<p>****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090</p>					<p>1 Fairfax Chocolate Festival - Sat & Sun</p>
<p>3 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 11am: Feldenkrais Class Noon - NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p>	<p>4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3:05pm: Pickleball lessons</p>	<p>5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Begin. Bridge Day! 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p>	<p>6 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>7 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO 11:30am: Exercise Equipment Noon: Brown Bag Day/Games 12:30pm: Feb. Birthdays! 2pm: Trip Committee Meeting</p>	<p>8 Trip: Feb 9th – Shear Madness!</p>
<p>10 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p>	<p>11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>12 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: 10am National Building Museum/Lunch in China Town 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 7pm-10 pm: Clock Repair Class</p>	<p>13 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 3pm- Senior Basketball</p>	<p>14 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO 11:30am: Valentine Potluck</p> 	<p>15</p> 
<p>17 CLOSED for Presidents' Day</p> 	<p>18 8am: Men's Coffee Group 8:30am: Mar-Apr Trip Registration 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10 am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>19 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: 9am Potomac Mills 10am: S.M.I.L.E. movement 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p>	<p>20 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm- Senior Basketball</p>	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: Brown Bag Day /Games</p>	<p>22</p>
<p>24 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 9:30 am FREE Bridge Class – 6wk 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class</p>	<p>25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting</p>	<p>26 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: 9:45am Tudor House Georgetown 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 7pm-10 pm: Clock Repair Class</p>	<p>27 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm- Senior Basketball</p>	<p>28 8am: Men's Coffee Group 8:30am: Seniorcise 10:30am: Cut Coupons for Military 10:30am: BUNCO Noon: Stone Soup Luncheon</p>	<p>Check out our website www.fairfaxva.gov Calendar subject to change updates posted on website and at senior center.</p>

Mon	Tue	Wed	Thu	Fri	Sat
March is National Nutrition 					1 9am – 1pm: FLEA MARKET Green Acres Center
3 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 11am: Feldenkrais Class Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga 7pm-10pm: Clock Repair Class	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg.	5 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class	6 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1pm: Exercise Equipment Use 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	7 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Beg. Photography 10:30am: BINGO 12:30pm: March Birthdays! 1pm: Table Games 1pm Walk the Neighborhood 2pm: Trip Committee Meeting	8 Daylight Savings March 9 th Set your clocks forward. 
10 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Cooking for 1 or 2	12 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class	13 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11am: National Potato Chip Day <i>bring your favorite bag to share</i>  11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	14 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Beg. Photography 10:30am: BUNCO Noon: Brown Bag Day /Games 1pm: Walk the 'Hood	15
17 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 11:30am: St Patrick's Day Potluck Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	19 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class	20 1st Day of Spring 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	21 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: Brown Bag Day /Games 1pm: Walk the 'Hood	22 Young at Heart Appraisal Show 10am-12:30pm Sherwood Center, 3701 Old Lee Highway 
24 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: FREE Bridge Classes 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class	25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting	26 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class	27 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 3pm Current Events 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	28 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge 10:30am: Cut Coupons for Military 10:30am: BUNCO 1pm: Walk the 'Hood	29 Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at or center.
31 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 9:30 am: FREE Bridge Class 10am: Mah Jongg/ Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class					****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
	1 - April Fool's Day 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 10am-3pm: AARP Sharp Driver 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg	2 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am-3pm: AARP Sharp Driver 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10pm: Clock Repair Class	3 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Adv. Photography 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 12:30pm: April Birthdays! 1pm: Walk the 'Hood 2pm: Trip Committee Meeting	5
7 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class Noon – New Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class	8 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation	10 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Adv. Photography Class 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BUNCO 11am: Rummy 12:30pm: Corn Hole	12
14 8am: Men's Coffee Group 8:30am May-June Trip Register 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 11am: Feldenkrais Class 1pm: Table games 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Cooking for 1 or 2	16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10pm: Clock Repair Class	17 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts 10:30am: German Conversation 11:30am: Spring Pot Luck and Plant Exchange 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	18 Good Friday 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 12pm: Table Games 1pm: Walk the 'Hood	19 
21 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg / Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga – make-up	22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball	24 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Adv. Photography Class 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BUNCO 11am: Rummy 12:30pm: Corn Hole	26
28 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg / Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga – make-up	29 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	30 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball	****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090		

Trips

All trips include transportation.

Walk-in registration will start at 8:30am

Monday, December 16 for January/ February Trips.

Wednesday, February 19 for March/ April Trips

on-line reservation, at www.fairfaxva.gov, will open up Noon

Please be considerate when signing up so we can accommodate everyone.

Cancellations must be 1 week prior to the event for a refund. This gives staff time to find a replacement from the waiting list.




When a purchased ticket is required – For example: theater tickets – ALL SALES ARE FINAL – unless a replacement is found.

For further Trip information please check www.fairfaxva.gov/seniorcenter or call into Green Acres Senior Center.




We appreciate your cooperation on the trip. Please follow these guidelines while participating on the trips:

- A trip chaperone will accompany all trips and is in charge during the trip.
- To ensure safe and organized travel, everyone must stay in the same seat on each leg of the trip.
 - Driver will have directions. Please do not talk or distract the driver while he is driving.
 - Please be considerate of the trip schedule, and be on time.

JANUARY TRIPS

GT 	National Museum of Crime & Punishment – Become a detective for the day! Come join this amazing experience where you'll learn rich history on the crime side of life. Get into groups and compete against each other in finding the missing gold and ruby medallion! There is a prize for those that can solve the case! Lunch on your own! Wednesday, January 8, 2014 Leave: 10:00 am Approx. Return: 4:00 pm	\$37
	Gypsy – A great day of fun at the Riverside Center. Hilarious humor and Broadway-standard songs which include <i>Everything's Coming Up Roses</i> , <i>You Gotta Get a Gimmick</i> , <i>Let Me Entertain You</i> , and <i>Rose's Turn</i> highlight this entertaining and heartwarming show. Food Provided! Wednesday, January 15, 2014 Leave: 10:00 am Approx. Return: 5:00 pm	\$71
GT 	Chocolate Tour of DC – Come join your expert tour guide for a delightful stroll through some of the Washington's most decadent dessert boutiques and chocolatiers in the charming neighborhood of Georgetown on the <i>Chocolate Tour of Washington DC</i> ! From handmade salted caramel truffles to postmodern takes on the dark stuff, <i>The Chocolate Tour of Washington DC</i> will take you to chocolate paradise and beyond...chocoholics everywhere will love this tour! Did I mention there will be 7 chocolate tastings? Tour consists of 19 people maximum. Lunch on your own after tour! Dress weather appropriately. Thursday, January 23, 2014 Leave: 11:15 am Approx. Return: 4:30 pm	\$67
 SG	National Portrait Gallery – The National Portrait Gallery and the Smithsonian American Art Museum – Two museums that tell the America's stories through art, history and biography – Share a newly renovated National Historic Landmark building in downtown Washington D.C. Lunch on your own! Wednesday, January 29, 2014 Leave: 11:00 am Approx. Return: 3:30 pm	\$15

FEBRUARY TRIPS

	Shear Madness – This unique comedy-whodunit takes place today in the "Shear Madness" hairstyling salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime. The outcome is never the same, which is why many audience members return again and again to the scene of the mayhem. Please eat before you come. Sunday, February 9, 2014 Leave: 1:45 pm Approx. Return: 6:00 pm	\$53
	National Building Museum/Lunch in China Town – The National Building Museum is America's leading cultural institution devoted to the history and impact of the built environment. We do this by telling the stories of architecture, engineering, and design. As one of the most family-friendly, awe-inspiring spots in Washington, D.C. After the museum you want to grab a bite to eat in China Town! Wednesday, February 12, 2014 Leave: 10:00 am Approx. Return: 5:00 pm	\$20
	Potomac Mills – Potomac Mills is Virginia's largest outlet mall and features an indoor shopping experience with over 200 stores, including Bloomingdale's-The Outlet Store, Last Call by Neiman Marcus, Saks Fifth Avenue OFF 5TH, Nordstrom Rack and Nike Factory Store. Lunch on your own! Wednesday, February 19, 2014 Leave: 9:00 am Approx. Return: 4:30	\$15
GT 	Tudor House Georgetown – A model of Federal-period architecture in the nation's capital and a center of early Washington society, Tudor Place was home from 1805 to 1983 to six generations of Martha Washington's descendants. Their stories and those of the servants and enslaved workers who served them animate the site, with collections including more than 15,000 decorative arts items, archival, historic and archaeological artifacts, and a Washington Collection larger than any outside Mount Vernon. Food provided! Wednesday, February 26, 2014 Leave: 9:45 am Approx. Return: 3:30 pm	\$41

Classes

Senior Classes

Line Dancing – Mon, 9:30am **Basic Beg.**, 10:30am **Beg. Plus:** 1/13-3/17; 3/24-5/12 = \$45, \$75 both; \$8/class

Chair Yoga – Mon, 2:15pm-3:15pm: 1/6-2/3 = \$20; 2/24-4/14 = \$40; make-up: 4/21 & 28 = \$5; \$8/class

Awareness thru Movement - Feldenkrais – Mon, 11am-Noon: 1/6-3/10; 3/24-5/12 = \$50; \$10/class

Seniortise - Tue/Wed/Fri, 8:30am-9:30am: 1/7-2/28; 3/4-4/30 = \$72 session, or \$140 All; \$8/class

Easy Strength - 11:30am-12:30pm: Tues: 1/7-28; 2/4-25; 3/4-25; 4/1-29 = \$14; \$8/class

Easy Strength - 11:30am-12:30pm: Thurs: 1/9-30; 2/6-27; 3/6-27; 4/3-24 = \$14; \$8/class

Pickleball Lessons – Tue, 3:05pm-4 pm: 1/7-2/4 (no class 1/14) = \$20

S.M.I.L.E.: Seniors Making Innovative Lifestyle Easy – Wed, 10am-10:45 am: 1/8-2/26; 3/12-4/30 = \$40

Sit & Get Fit – Thurs, 2:15pm-3:15 pm: 1/2-2/6 = \$30; 2/20-3/27 = \$30; 4/3-24 = \$20; \$8/class

Tai Chi Chuan – Fri, 9:15am-10:15am **Adv.**; 10:15am-11:15am **Beg.:** 1/3-2/21; 3/7-4/25 = \$35; \$8/class

Computers 101 – Fri, 11am-Noon: 1/3, 10 & 17. Free with registration

All Art Classes – Mon, 4pm-5:30pm: 1/6-2/24; 3/10-4/14 = \$72.

Clock Repair Class – Mon and Wed, 7pm-10pm: 1/6-4/23 = \$210.

Come Sit Meditation – Wed, 2:15pm-3:15pm: 1/8-29; 3/5-26; 4/2-23 = \$30; \$10/class

Beginner Bridge Day – Wed, 9:30am-3pm: 2/5. Free with registration

Beginner Bridge Classes – Mon, 9:30am-11:30am: 2/24-3/31. Free with registration

Free Beginning Photography – Fri, 9:30am-11:30am: 3/7 & 14. Free with registration

Advanced Photography – Fri, 9:30am-11:30am: 4/4 & 11. Free with registration

Adult Classes at Green Acres Center

B-Fit – Tues/Thurs/Fri, 9:30am-10:30 am: 1/7-2/28; 3/4-4/29 = \$95; \$8/class

Morning Pilates – Tues/Wed/Fri, 10:30-11:30 am: 1/7-2/28; 3/4-4/25 = \$55/day/session; \$8/class

Self Defense – Tues, 6:45pm-7:40 pm: 1/7-2/25; 3/11-4/29 = \$70/session

Irish Social Dance – Tues, 7:15pm-8:45 pm: 2/4-3/4; 3/18-4/15; 4/29-5/27 = \$33/session

Evening Pilates – Tues or Thu, 7:45pm-8:45pm: 1/7-2/27; 3/11-5/1 = \$55/day/session; \$115 All

Traditional Indian Hatha Yoga – Tues, 7pm-8:15 pm: 1/7-28; 4/15-5/6 = \$35; 2/18-4/8 = \$70; \$10/class

Cardio Strength – Wed, 9:30pm-10:30am: 1/8-2/26; 3/5-4/30 = \$55; \$8/class

Zumba Fitness – Wed, 11:30am-12:30pm: 1/8-2/26; 3/5-4/30 = \$60; \$8/class

Yoga – Thurs, 10:30-11:30am: 1/9-2/27; 3/6-4/24 = \$55/session; \$8/class

Barefoot Stretch n Flow – Thurs, 7pm–8pm: 1/2-2/6; 2/20-3/27 = \$40/session; 4/3-24 = \$26; \$10/class

Basic Dog Obedience – 1:30pm-2:30 pm: Fri, 1/3-2/21, 3/7-4/25; Sun, 1/5-2/23, 3/9-4/27. \$100/session

Taking Care of Yourself in the New Year – Sat, 1/11, 1pm-4pm: 1/11 = \$25

Sin Moo Hapkido Martial Arts – Mon and Wed, 6:30pm-8pm: 2/24-4/30 = \$75

“Your” Plan Fitness Classes

January 7 – April 30: \$200 – Choose the Classes to Fit Your Schedule!

Tuesday

9:30am – B-Fit

10:30am – Pilates

Wednesday

9:30am – Cardio Strength

10:30am – Pilates

11:30am – Zumba

Thursday

9:30am – B-Fit (Zumba Tone)

10:30am – Yoga

Friday

9:30am – B-Fit

10:30am – Pilates

FREE DIGITAL PHOTOGRAPHY CLASS (once a year opportunity)

Why take a camera class, if you do not own a camera?

Don't be so sure that you don't own a camera. Most cell phones have camera features that are the same or better than the standard point and shot camera of just a couple of years ago. Then we have the smart stuff: pads, books, androids and other mobile devices that also have cameras.

Have fun with your camera. Don't hide it in a closet or let fear take hold. Get the camera out and attend the Beginner class.

You are already taking pictures or you have taken the beginner class, and want to know how to take better pictures, sign up for the advanced class. The advanced class discusses composition, perspective and what to do with the other buttons and knobs to make better pictures. It's fun.



Each class has two, 2-hour sessions.

Beginner Digital Photography

Friday, March 7 and 14

9:30am to 11:30am

Advanced Digital Photography

Friday, April 4 and 11

9:30am to 11:30am

Bring your digital camera and the instruction book.

If you are interested in registering, please call (703) 273 6090 or complete a standard City of Fairfax Parks and Recreation Form and return it to the City of Fairfax Senior Center.

Upcoming Events

- Fri, December 20: 11:30am - **Christmas Party** - Pot Luck Luncheon  & Food Drive
- Mon, December 30: 11:30am - **New Year's Celebration** with Pizza Party - \$5 pre-register
Welcome the New Year with the Drop of the Apple Core!
- Wed, January 1: **Center Closed: New Year's Day Holiday**
- Mon, January 6: 11:30am Meet Author **Sharon Clark Chang**: *Escaped Alone*
- Fri, January 17: 10am *Transportation Program* by the **Shepherd's Center**
- Mon, January 20: **Center Closed: Martin Luther King, Jr. Holiday**
- Fri, January 31: 11am **Senior Talent Show – NEW!**
- Wed, February 5: 9:30am **Beginner Bridge Day**
- Fri, February 14: 11:30am **Valentine Day Party** and Pot Luck 
- Mon, February 17: **Center Closed: Presidents' Day Observed**
- Wed, February 19: 8:30am **Winter Trip Registration**: March and April
- Sat, March 1: 9am–2pm **Young at Heart Flea Market** at the Green Acres Center
- Mon, March 17: 11:30am **St. Patrick's Day Pot Luck Party** 
- Sat, March 22: 10am–12:30pm **Young at Heart Appraisal Show** – Sherwood Comm. Center
- Tues & Wed, April 1 and 2: 10am-3pm - AARP **Smart Driver Course** - Registration required
- Mon, April 14: 8:30am **Summer Trip Registration**: May and June
- Thurs, April 17: 11:30am **Spring Pot Luck and Plant Exchange** 
- Fri, May 9: 11:00am **Mother's Day Tea**
- Wed-Sat, May 14 – 17 **Virginia Senior Games** in Newport News
- Fri, May 23: 11:30am **Kick-off to Summer Barbeque** and Covered Dish
- Wed, May 28 **National Senior Health & Fitness Day!**

Fund Raisers

Hosted by the *Young at Heart* Seniors

INDOOR Flea Market

Where: Green Acres Cafeteria

4401 Sideburn Rd Fairfax VA 22030

When: March 1, 2014

9 am – 1 pm

Find that special treasure

Antiques Appraisal Show

Where: Stacy C Sherwood Center

3740 Old Lee Highway in the City of Fairfax.

When: March 22, 2014

10 am – 12:30 pm

The featured appraisers are:

Quinn's Auction House, Weschler's of D.C., Norma Newsome,
Seymour Lazerowitz and Linda Goldstein.

\$5.00 admission, includes one item, \$4.00 for each additional item

Senior Happenings

BEGINNER BRIDGE DAY



February 5, 2014

The City of Fairfax Senior Center is sponsoring a Beginner Bridge Day. Open to beginners and novices only. No set tables. We will fit you in as you arrive. Set your own departure time. Games will be played between 9:30 AM and 3:00 PM. If you plan to stay over lunch bring your own brown bag.

It is a chance to meet other beginners and to play against each other. Maybe you played a little bridge and have not found a group or a partner. Perhaps you just like to play bridge, but are not confident enough to join one of our established games. This is for you.

It is not required, but we would like you to call (703-273-6090) and indicate that you may come so that we can make arrangements.

Center Donation

The senior members are enjoying the new edition to our fitness room.



A big thank you to Camille Paluscio, daughter one of our senior members, for her generous donation of a Spirit XBR55 Fitness Bike

Bocce

Bocce has become a popular sport at the City of Fairfax Senior Center. There are now 20 two-person teams who compete weekly. Bocce is an outdoor sport, which includes fresh air, exercise and socializing. This year's season concluded with a picnic and awards ceremony at the end of September. We had 15 teams this year, including 3 new teams.

Games are played on Thursdays from May until September. Watch for bulletin boards for Spring Sign Up
The winners of the 2013 season are:

1st Place – Pete Alberse and Rob Portland – Gift Certificate from Red Hot & Blue

2nd Place – Nick Garito and Bob Metzger – Gift Certificate from WalMart

3rd Place – Tied: Henry Colleto and Carol Drago / Paul Schmitt and Charlie Williams



Senior Spotlight



This issue's senior spotlight features George Evans.

George is an active participant here at the center since the Spring of 2006. George has been an instructor with the evening clock class, an active member of the men morning coffee group and our resident photographer. Dan, assistant coordinator, had the opportunity to interview George and below are the highlights.

George is a native of Pittsburgh Pennsylvania (The Burgh). George served in Uncle Sam's Army for 26 year. His service included 9 years overseas with assignments in Germany, Korea, and Vietnam. George retired in Virginia and worked for a few Beltway bandits before retiring permanently. He became involved in repairing clocks which he has continued for 26 years. According to George, mornings at Green Acres are a fun time, complete with great conversation and coffee with the guys. He became a part of this spectacular place when finding a venue to teach clock repair class and has never left. According to George, "Never a dull moment, as long as I'm having a great time, I'm not leaving! If you need a place to come to for working out, meeting new people or just relaxing, this is the place to be!"

Senior Center Council

The Senior Center Council members are volunteers who work as a group on fundraiser and enhance the programs and activities of the City of Fairfax Senior Center.

The Senior Center Council officers are:

Chair- Gail Wade

Vice Chair- Jane Albro

Secretary- Jane Woods

Treasurer -Paul Kavanaugh

PRAB -Jane Albro

COUNCIL MEMBERS

Ellis Hamilton

Paul Gauthier

Gerri Buroker

Frank Kelly

Marcia Clukey

Becky Perry

Aldo Domenichini

Council Meetings are held the 4th Tuesday of each month at the senior center

Please save the dates for the Senior Fund Raisers:

March 1, 2014 Flea Market at Green Acres

March 22, 2014 Appraisal Event at Sherwood

Inclement Weather Policy

When Fairfax County Schools are closed due to weather conditions, the Senior Center will be closed.

When Fairfax County Public Schools are delayed for one to two hours, all classes and activities will start at 10:30am. All classes and activities with start times prior to 10:30am will be cancelled.

The Green Acres Senior Center will open at 10:30am.

When Fairfax County Schools initiate an early school closing or cancellation of evening school activities, all afternoon and evening Parks & Recreation classes starting after 2:00pm will be cancelled,

Including the Senior Center

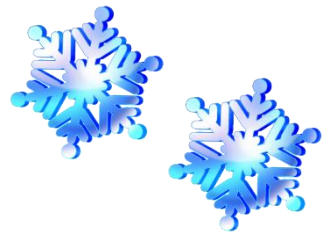


Join us at the Senior Center

Learn something new and have some fun!

Call the center for details

703 273 6090



AMERICANS WITH DISABILITIES ACT

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858